



## CBBF Fitness Rules

Women's Fitness was officially recognized as a new sport discipline by the IFBB Executive Council and IFBB Congress on December 03, 1995 (Guam, USA).

### COMPETITOR RULES:

- Competitors must wear high heels. Although shoes are not inspected at the CBBF National events, it is strongly recommended that athletes adhere to the IFBB International standards when selecting shoes (any style or color but in good taste, sole thickness should be a maximum of ¼ inch and stiletto should be a maximum of 12cm). This is to be used as a guide. Shoes should not be distracting to the full package and are intended to compliment athletes. Athletes should also consider shoe fit and how easy the shoes are to walk in.
- The colour, fabric, texture, ornamentation and style of the bikini will be left to the competitor's discretion, except as indicated in the below rules.
- The bikini will be opaque two-piece in style
- The bikini bottom will cover a minimum of ½ of the gluteus maximus and all of the frontal area. The bikini must be in good taste. Strings are strictly prohibited. Athletes will be warned about improper suits and are advised to bring two (2) suits to check in. Athletes will be scored down if the suit is not up to standard
- The attire will be inspected during the Official Athlete Registration.
- The hair may be styled.
- Except for a wedding ring, bracelets and earrings, jewellery will not be worn. Competitors will not wear glasses, watches, pendants, necklaces or artificial aids to the figure, except breast implants. Implants or fluid injections causing the change of the natural shape of any other parts or muscles of the body are strictly prohibited and may result in disqualification of the competitor.
- The use of tans and bronzers that can be wiped off is not allowed. If the tan comes off by simply wiping, the athlete will not be allowed to enter the stage. Artificial body colouring and self-tanning products may be used provided that it is applied at least twenty-four hours prior to the Prejudging. Professional competition tanning methods (airbrush tanning, cabin spray tanning) may be used if applied by the professional companies and qualified personnel. Sparkles, glitter, shiny metallic pearls or gold coloring are prohibited whether applied as part of a tanning lotion and/or cream or applied separately, regardless of who applied them on the competitor's body.
- Fitness will have a 90 second judged routine round no props allowed.
- CBBF Chief Official, or delegated representative, will have the right to determine if a competitor's attire meets an acceptable standard of taste and decency. If these standards are not met, the official has the right to remove the competitor from stage and have them change attire.
- **CBBF contests do not permit competitors to cross over into Bodybuilding, Figure, Fitness, Physique or Bikini at the same event.**

## **HEIGHT CLASSES:**

- Up to and including 5'3"
- Over 5'3"

*Please note that classes are subject to change depending on show size*

## **CHECK INS**

Fitness division competitors will be checked in and measured at registration. Suits and routine suits will be verified by the CBBF Chief Head Judge or designate.

## **COMPETITION JUDGING**

### ***Pre-Judging Presentation:***

- Competitors walk to centre stage in groups to perform quarter turns
- Proceed to the side of the stage
- Larger groups will be split into two groups on either side of the stage
- Upon completion of all quarter turns comparisons begin
- Competitors are called to centre stage in groups of no less than three for comparisons
- Quarter turns are performed
- Upon completion of comparisons athletes leave stage

### ***Round 1 - Scored Comparison Round – Two Piece Swimsuit:***

- Competitors will be judged wearing a two-piece swimsuit and high heels.
- The competitors will be brought back out in a group and directed to do quarter turns.
- Judges will have the opportunity to compare competitors against each other in quarter turns.

### ***Scoring:***

Judges will be scoring competitors using the following criteria:

- Small degree of muscularity with separation, no visible striations
- Overall muscle tone with shapely lines, overall firmness and not excessively lean
- Full-body general assessment
- Healthy appearance
- Make-up
- Skin tone

### ***Round 2 - Scored Routine Round – 90 Second:***

- Athletes perform a 90 second maximum personal routine to music of their choice.
- Costumes may be worn.
- No props allowed.

### ***Scoring:***

Judges will be scoring competitors using the following criteria:

- Style
- Personality

- Athletic coordination
- Strength moves
- Endurance and overall performance.
- Contestants should give special attention to their apparel since it too will be judged.
- Routines may include aerobics, dance, gymnastics or other demonstrations of athletic talent, but there are no required movements.

Judging concluded during prejudging.

No elimination, all athletes scored to 15 placings, score 16 for all others.

## **FINALS**

### ***Finals Presentation:***

- Competitors are individually introduced as they walk to center stage in groups to perform quarter turns
- Proceed to the side of the stage
- Larger groups will be split into two groups on either side of the stage
- Upon completion of all quarter turns top five are announced
- Top five step onto line on back centre stage
- All competitors leave stage
- Top 5 will return later to perform 90 sec posing routine
- Top five will change back into bikinis for awards presentation later
- MC calls 5th place to marked spot on front centre stage ... award is presented ... 4th place to marked spot on stage ... award is presented etc.,
- After 1st place is presented photo is taken with sponsor standing between 1st and 2nd place finishers
- Photo then taken (without sponsor) of all top five
- Photo of 1st place only

### **Attire for the routine round:**

Competitors may dress as they deem appropriate in order to perform their routines, except as detailed below.

- G-strings are strictly prohibited. G-strings cannot be worn on top of leotards, fishnet stockings, or tights. Also, G-strings cannot be worn underneath a skirt or other type of outerwear so as to reveal the buttocks while the competitor is moving around onstage. The bottom of the routine attire must cover all of the buttocks.

Sport footwear may be worn, at the discretion of the competitor.

Provided Point 2 is respected, a competitor may remove an article of clothing

(e.g. coat, jacket, shirt, pants) if the removal of said article is performed in a tasteful manner.

The routine attire will be inspected during the Official Athlete Registration and backstage before the competitor is allowed onstage. If the routine attire does not meet CBBF standards, the competitor will be given five (5) minutes to comply, failing which the competitor will be disqualified.

Provincial and National Federations are responsible for making sure that their fitness athletes are fully aware of the IFBB Rules as detailed in this Section.

For safety reasons, the use of body oil in the routine round is strictly prohibited.

1. No competitor will use any device that would leave material on the stage platform that would
  - a. Present a safety hazard to other competitors, and/or
  - b. Require that the stage platform be cleaned or repaired before further use.

A competitor must enter and exit the stage to perform the routine without the assistance of any other person or persons (e.g. cannot be carried onstage)

## HOW TO ASSESS A WOMEN'S FITNESS COMPETITION

Judges are strongly reminded that they are judging a WOMEN'S FITNESS competition. The extreme muscularity, vascularity, muscular definition, and/or dieted leanness will not be considered acceptable if displayed by a fitness competitor and therefore, must be marked down.

### GENERAL PRESENTATION:

Judges are reminded that the competitor's posture and bearing, at all times while onstage, is to be considered. The overall image displayed should demonstrate poise, femininity and self-confidence. This is especially true at all times when the competitor is standing in the line-up and during the comparisons of the quarter turns. When standing in the line-up, the competitors shall be warned against adopting a tense pose, like during performing of the quarter turns, displaying the muscularity.

A relaxed stance in the line-up means that the competitor will:

- stand erect, front to the judges, with arms hanging at the side and feet together, or
  - stand with the body slightly turned, left side to the judges, so the start number of a competitor will be clearly visible, right hand resting on the hip and left leg slightly moved forward and to the side.
- (Head and eyes towards the front, shoulders back, chest out, stomach in).

On the CBBF Chief Judge command, competitors standing in the line-up should perform the Front Position.

### QUARTER TURNS

*Competitors who fail to adopt the proper stance will receive one warning after which points will be deducted from their score.*

#### Front Position:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about

10 cm out of the body, hands slightly cupped.

#### Quarter Turn Right (left side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, left arm kept slightly back from the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, right arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the left, with the left shoulder lowered and the right shoulder raised. This is normal and must not be exaggerated.

#### Quarter Turn Back:

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, back muscles slightly contracted to show the shape of the upper body, both arms kept at the side along the centerline of the body, elbows slightly bent, thumbs and fingers together, palms facing the body and hold about 10 cm out of the body, hands slightly cupped.

#### Quarter Turn Right (right side to the judges):

Erect stance, head and eyes facing the same direction as the body, heels together, feet inclined outward at a 30° angle, knees together and unbent, stomach in, chest out, shoulders back, right arm kept slightly back from the centerline of the body with a slight bend at the elbow, thumb and fingers together, palm facing the direction of the body, hand slightly cupped, left arm kept slightly front of the center-line of the body with a slight bend at the elbow, thumb and fingers together, palm facing the body, hand slightly cupped. The positioning of the arms will cause the upper body to twist slightly to the right, with the right shoulder lowered and the left shoulder raised. This is normal and must not be exaggerated.

### **Assessment of women's physique in the quarter turns**

In general, the assessment of physique in Women's Fitness is based on the same criteria like in Women's Body Fitness. The assessment, beginning with a general impression of the physique, should take into consideration the hair and makeup; the overall athletic development of the musculature; the presentation of a balanced, symmetrically developed physique; the condition of the skin and the skin tone; and the athlete's ability to present herself with confidence, poise and grace.

The physique should be assessed as to its level of overall muscle tone, achieved through athletic endeavours. The muscle groups should have a round and firm appearance with a small amount of body fat. The physique should neither be excessively muscular nor excessively lean and should be free from deep muscle separation and/or striations. Physiques that are considered either too muscular or too lean must be marked down. The assessment should also take into consideration the tightness and tone of the skin. The skin tone should be smooth and healthy in appearance, and without cellulite. The face, hair and makeup should complement the "Total Package" presented by the athlete.

The judge's assessment of the athlete's physique should include the athlete's entire presentation, from the moment she walks onstage until the moment she walks offstage. At all times, the fitness competitor must be viewed with the emphasis on a "healthy, fit, athletic" physique, in an attractively presented, impressive "Total Package".

### **ASSESSMENT OF THE FITNESS ROUTINES**

In this round, athletes perform a fitness routine to music selected by the competitor, the length of which shall not exceed 90 seconds.

Once again, the judge should consider the OVERALL IMPRESSION, that is, the entire routine from the moment the athlete presents herself onstage until the moment the athlete walks offstage. The judges are reminded that, during these Rounds, they are judging ONLY the fitness routine and NOT the physique. The judge should look for a well-choreographed and creative routine performed at a different tempo/speed. Although compulsory movements are not a requirement, the routine should include:

1. Elements of STRENGTH - for example, straddle hold, leg extension hold, hand stands, planche and/or one-arm pushups (gymnastic movements such as front and back flips, handsprings, and cartwheels are not considered strength elements). The number of strength moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
2. Elements of FLEXIBILITY – for example, high kicks, bridges, nuts, front and back walkovers, side splits, and/or front splits. The number of flexibility moves, their degree of difficulty, and the overall creativity of the moves should be considered in the judging of the routine.
3. Elements of POWER – dynamic elements like high jumps, front and back flips, handsprings, aerial cartwheels, aerial walkovers, round offs, split leaps. These moves require perfect technique and should be taking into account assessing the difficulty of the routine.
4. The SPEED or tempo of the routine demonstrates a degree of cardiovascular fitness, stamina, and endurance. For example, if two routines contain the same type and number of strength, flexibility and power movements, the routine that is performed at a faster tempo is the more difficult to achieve so long as the movements are correctly performed.

Routines based on the gymnastics moves only should be marked down. Once again, the judge must always consider the "Total Package" and not just the sum of the individual movements. There is a component - an element of "showmanship", which competitors bring to a fitness routine that is unique to them and creates the overall impression. This is their personality, charisma, stage presence and charm, as well as a natural rhythm that should play a part in the final placing of each competitor.